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Why Are Clams Becoming Unburied At Pismo Beach?

Pismo Clams

Q: I read reports of events on Pismo Beach where hundreds or thousands of clams are becoming unburied. How often is this happening and what is the cause?

A: In the past, it was relatively uncommon for clams to become unburied at Central Coast beaches and in the Monterey area. However, this year we've seen more events where hundreds, if not thousands, of clams have unburied. Some of these clams perish from drying out in the sun or being eaten by birds, but many rebury and survive, according to reports from California Polytechnic State University, San Luis Obispo (Cal Poly). The smaller clams seem to unbury more easily, but they also rebury easier than the bigger ones. The local population of Pismo clams is the highest it's been in decades, so it is possible that clams are being observed unburied simply because there are more of them.

We don't yet have a clear understanding of why this is happening. This summer, the California Department of Fish

and Wildlife (CDFW) and the California Department of Public Health tested the Pismo clam population for diseases, parasites, paralytic shellfish poisoning and domoic acid levels. The results did not show that any of these factors likely contributed to clams unburying. Cal Poly is keeping an eye on the unburied clams and may do further testing. CDFW will continue working to conserve Pismo clams and provide support to Cal Poly and partner agencies.

Regulations for Pismo clams can be found in California Code of Regulations (CCR), Title 14, section 29.40. Pismo clams can be harvested with a valid fishing license. Anglers may retain 10 Pismo clams per day if the clams meet the minimum size of five inches in greatest diameter north of the San Luis Obispo/Monterey county line, and four-and-a-half inches south of the county line. Note that almost no legal sized clams can currently be found in the Pismo Beach area. All undersized clams must be immediately reburied in the area where they were found. In Monterey

and Santa Cruz counties, the season for Pismo clams starts Sept. 1 and ends after April 30. In all other counties, the season is open year-round.

As Pismo clams recover from a decades-long population decline, only a small percentage have reached legal harvest size, with almost all clams found being too small to harvest. Wildlife officers have issued hundreds of citations for possession of undersized clams and seized thousands of undersized clams in the past few years. Pismo clam poaching can be reported via CalTIP.

More information is available on CDFW's Invertebrates of Interest page. Additionally, the San Luis Obispo Coast District offers an overview video on the Pismo Clam population, including instructions for reburying clams.

Big Game

Q: Is it illegal to intentionally feed big game?

A: Yes. CCR, Title 14, section 251.3 prohibits knowingly feeding big game mammals. Big game is defined in CCR, Title

14, section 350 as the following: deer, elk, pronghorn antelope, wild pig (feral pigs, European wild pigs and their hybrids), black bear and Nelson bighorn sheep in certain areas as defined in California Fish and Game Code, section 4902(b).

Gray Wolves

Q: How can I tell the difference between a coyote and a gray wolf, and what should I do if I see a gray wolf?

A: Gray wolves are native to California and up until very recently, had not been present in the state since the 1920s. With the recent expansion of this large carnivore in the western United States, gray wolves are recolonizing California. This species is wide ranging and as a habitat generalist can be found in many different habitats. Currently, gray wolves are known in the northernmost parts of the state (southern Cascades and Modoc Plateau areas).

Here are the differences in physical characteristics between coyotes and gray wolves:

Coyotes are shorter, sleeker and lighter on their feet. They typically weigh 15-45 pounds and stand at a shoulder height of about one-and-a-half feet. They typically have a long and pointed snout, as well as long and pointed ears.

Gray wolves are larger, bulkier and stout. They typically weigh 70-130 pounds and stand at a shoulder height of two-and-a-half feet. They typically have a large and blocky snout, and short and rounded ears.

To report wolf activity or sightings please contact CDFW at (530) 225-2300 or fill out a sighting report on our website. You can also email californiawolf-sightings@wildlife.ca.gov.

More information on distinguishing between wolves and coyotes is available on CDFW's gray wolf webpage.



If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

MY NAME IS WEBSTER
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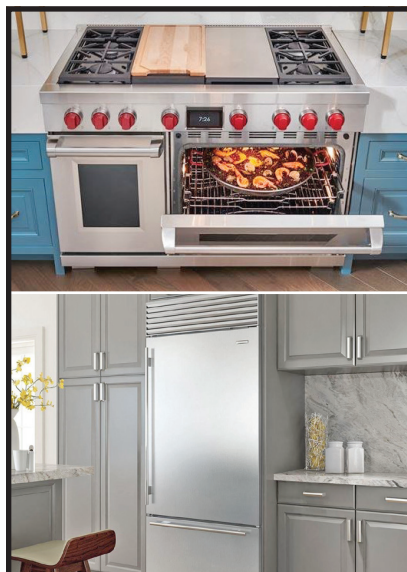
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HEALTHY LIVING



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10 Doctor-Recommended New Year's Resolutions to Make Today

(STATEPOINT) While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible resolutions you can make to feel your best and better protect your health.

"A new year is the perfect time to consider your personal goals, and how you can make positive health choices in the coming year," says American Medical Association (AMA) President Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these resolutions from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age

six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

2. Learn your risk for type 2 diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit

ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure — also known as hypertension — under control. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans — up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

If you don't have health insurance, the AMA also encourages you to visit [healthcare.gov](https://www.healthcare.gov) to sign up for coverage. You may benefit from recent changes that improve access and affordability. The deadline to enroll for 2022 coverage is Jan. 15, 2022. More health resources and tips can be found by visiting ama-assn.org.

For a happy, healthy 2022 and beyond, consider making these 10 doctor-recommended New Year's resolutions today.



Northcoast Children's Services

CENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr. **Open Until Filled**

CENTER DIRECTORS, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr. **Open Until Filled.**

ASSOCIATE TEACHERS, Redway, Orleans, Willow Creek

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. Redway: F/T 32 hrs./wk. Orleans: F/T 32 hrs./wk. Willow Creek: F/T 34 hrs./wk. \$17.00-\$17.85/hr. **Open Until Filled.**

TEACHERS, Eureka (Temp), Arcata

Responsible for development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr. **Open Until Filled.**

TEAM TEACHER, Arcata

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr. **Open Until Filled.**

ASSISTANT TEACHERS, McKinleyville, Blue Lake, Arcata, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool age

children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr. **Open Until Filled.**

INTERPRETER, Eureka

Assist in interpreting in class, at parent meetings & on home visits for children & families. Bilingual Spanish required. Must have 6 months' exp. working w/ children & families. Prefer 6-12 units in Early Childhood Education. P/T 16 hrs./wk. (8:30am-12:30 M-Thursday) \$15.00/hr. **Open Until Filled.**

COOK, Blue Lake

Duties include preparing meals for preschool age children in a childcare center. Req. basic cooking skills, plus exp. in food service & volume meal preparation. Preferred candidate would have exp, training or education in nutrition, volume meal prep, menu planning, kitchen safety & sanitation & CACFP (CA Child Care Food Program) exp. P/T 28 hrs./wk. (M-Friday) \$16.04/hr. **Open Until Filled.**

HOUSEKEEPERS, Eureka McKinleyville

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. Eureka, P/T 16 hrs./wk. McKinleyville, P/T 9 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to
Northcoast Children's Services

1266 9th Street,
Arcata, CA 95521.

For addtl info & application
please call 707-822-7206 or visit
our website at
www.ncsheadstart.org

FOOD

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Husky & German Shepherd Dog Mix
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Statepoint.net

A Healthy Homemade Soup to Jumpstart the New Year

(STATEPOINT) When sweater weather arrives, there's nothing quite as comforting as a pot of something savory and delicious simmering on the stove.

As you turn to hearty soups this winter, having the right seasonal staples means you'll be well on your way to having piping hot meals on the table, quickly and hassle-free.

Keep your pantry and fridge stocked with essential ingredients like onions, carrots and celery, along with a collec-

tion of earthy, zesty spices and versatile, all-purpose seasonings. You'll also need a rich and all-natural stock handy, such as Kitchen Basics Unsalted Chicken Stock. Simmered all day with chicken, vegetables and McCormick herbs and spices, this deeply flavored stock can bring a burst of savory warmth to countless dishes. It's low on sodium so it's a good-for-you start to many delicious meals beyond soup, like rice, sauces, and more.

To help you embrace the colder weather, try a recipe for a hearty classic loaded with tender veggies, chicken, egg noodles and robust flavor that puts this stock — aka “liquid gold” — front and-center. Yep, you guessed it, Savory Homemade Chicken Noodle Soup. Nostalgic and nourishing, all you need is 10 minutes of prep time and 20 minutes cooking on your stovetop.

Ingredients:

- 2 tablespoons vegetable oil
- 1 cup chopped yellow onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 tablespoons McCormick Garlic, Herb and Black Pepper and Sea Salt All Purpose Seasoning
- ½ teaspoon McCormick Ground Turmeric
- 1 pound boneless skinless chicken breast
- 2 cartons (32 ounces each) Kitchen Basics Unsalted Chicken Stock
- 2 cups uncooked medium egg noodles
- ½ cup frozen peas

Instructions:

1. Heat oil in large saucepan on medium heat until shimmering. Add onion, carrots and celery; cook and stir 3 minutes or until softened. Stir in seasoning and turmeric; cook 30 seconds until fragrant. Add chicken and stock. Bring to boil. Reduce heat; simmer, covered, 15 to 20 minutes until chicken is cooked through and tender.

2. Transfer chicken to medium bowl; shred using two forks. Set aside. Stir noodles into broth; cook 6 minutes or until tender. Return shredded chicken to saucepan. Gently stir in peas. Sprinkle with parsley to serve, if desired.

For more great ways to warm up this season, visit mccormick.com/kitchen-basics.

During the short, dark days of winter, healthy soups like this will feed your body and warm your soul.



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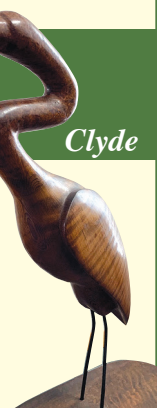
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Photos courtesy of Getty Images

Make Safety a Priority for Winter Travel

(FAMILY FEATURES) As more and more Americans hit the road and return to traveling this winter, concerns around road safety are top of mind.

Nearly half of Americans (47 percent) plan to travel in the next six months, according to a survey by 3M. A majority (76 percent) plan to travel by car, but more than a third of travelers are as concerned about road safety as they are about contracting COVID-19.

"Especially after spending an extended period closer to home, many people are likely to have some trepidation about getting back out on the road," said automotive expert Lauren Fix, "The Car Coach" and 3M spokesperson. "Being conscious of issues like visibility and distracted driving are important ways to protect yourself and your passengers."

Consider these tips to enhance the

safety of your winter travel.

Before You Go

Check your tire pressure and the condition of your tread. Properly inflated and adequate tires can keep you safe on the road, especially in slick conditions.

Visibility is important so you can see the road and other drivers. Make sure you have properly functioning wiper blades and carry extra washer fluid. Check your headlights to ensure they both work and your lenses aren't hazy.

Use your GPS to help you plan the best time to leave for your road trip, avoiding the major rush hours.

Make sure your car has an emergency kit and replenish any items you have used in the past. Include a first aid kit, blanket, drinking water, flashlight, reflective triangles and a reflective vest to

keep you visible to other vehicles if you are working on your car on the side of the road or need to walk to get help.

While On the Road

Keep your focus on the road and stay off your phone. Also be aware of the other vehicles and drivers around you.

Use GPS to re-route around construction or congestion. If you do come across construction, be sure to keep a close eye on the roadway signage and markings as they can help you navigate the complex roadways safely.

If you find yourself driving in bad weather and visibility is an issue, pay attention to road markings to keep yourself oriented to the roadway. If you have no visibility, pull over.

Find more road safety information at [3M.com/news](https://www.3m.com/news).

Recognize Road Safety Markings

Reflective signage and high-visibility pavement markings, along with innovative systems and services, help make roadways and other vehicles more visible to drivers. You can count on safer travel this winter with road safety solutions such as:

Traffic signs: Studies have found that where highly visible signs are installed, crash numbers have fallen up to 46 percent within 3-6 years. Reflective sign sheeting, ink and overlays increase visibility and driver recognition of these signals. In foggy and wintry weather, fluorescent yellow street signs have also been found to be more easily visible.

Pavement markings: Pavement markings help guide drivers and keep roads safe. In dark and wet conditions, standard reflective pavement markings can disappear. Reflective technology like the options from 3M make road markings visible from longer distances and in wet conditions.

Traffic delineators: Navigating complex or changing roadways can be confusing and dangerous for drivers. Specialized delineation systems are used for construction projects, median barriers and guardrails, putting roadway information directly in sight of drivers and making it easier to navigate roadway complexities.

License plates: License plates need to remain visible on any roadway and in all conditions, ensuring law enforcement can quickly and effectively identify vehicles. By providing vehicle registration solutions and advanced license plate manufacturing equipment, 3M partners with motor vehicle agencies and manufacturers around the world.

Vehicle markings: Government regulations call for conspicuity tape on certain types of large vehicles and trailers in the United States to increase visibility and help prevent traffic collisions, injuries and deaths.



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Compact vegetable varieties can be tucked into ornamental container gardens if space is an issue.
Photo courtesy of MelindaMyers.com

Make Gardening Your New Year's Resolution

by Melinda Myers

THE NEW YEAR is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish these two resolutions, while also improving your mood, reducing blood pressure, maintaining flexibility, burning calories and much more.

Resolve to grow your own vegetables and eat healthier in the New Year. Get your family and friends involved in planning ways to include gardening into your lives.

Explore ways to incorporate vegetables and herbs into your landscape. Vegetable gardens are not the only option. Tucking vegetables into flowerbeds, mixed borders and container gar-

dens can expand your planting space. Look for new compact and colorful vegetable varieties that fit nicely into small spaces, planters, and ornamental gardens.

Take an inventory of any leftover seeds and make a list of those seeds and any plants you need to purchase. The earlier you order, the more likely you are to obtain the items on your list.

Don't wait to start your year of healthful gardening and eating habits. Start by growing microgreens in January. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients than the leaves of the full-grown plant.

Organize a seed swap with family and friends in winter. It is a great way to extend your plant budget and experiment with new seeds. Turn old seeds that are no longer viable into artwork with sheets of paper or small pieces of wood, glue, and some creativity.

Start vegetable, herb, and flower seeds indoors in late winter through mid spring. Check the seed packet for timing and planting directions. Create a seed starting chart or mark planting dates on your calendar to ensure seeds get planted at the recommended time.

Monitor the weather and follow the recommended planting dates for sowing seeds directly in the garden and moving seedlings outdoors. Use home-

made or DIY cloches, floating row covers and cold frames to jump start the season. These capture warmth near the plants for an earlier start in the garden. They can also be used to extend the end of the growing season.

Start removing weeds as soon as they appear throughout the season. These unwanted plants compete with desirable plants for water and nutrients, and many are host to disease and insect pests. Pulling weeds is also a great way to reduce stress while improving the health and beauty of your garden beds.

Harvest flowers to enjoy in summer bouquets and arrangements. Pick a few extras to share with friends. Research has found immediate and long-lasting benefits generated from the gift of fresh flowers.

Pick vegetables regularly when they are at their peak for maximum productivity, flavor and nutritional value. Share extra produce with family, friends and the food insecure — many of which are children — in your community. Contact your local food bank, food pantry or Feeding America to donate garden fresh produce.

Cap off your efforts with a garden party. Invite fellow gardeners to bring a dish to share that incorporates home-grown vegetables. Share recipes, garden success stories and begin planning for the season ahead.

For the recommended timing to do these and other gardening projects, check my monthly gardening checklists.



Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her web site is www.melindamyers.com.



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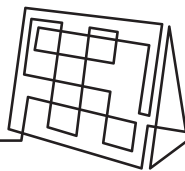


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Calendar

Jan. 11 - Jan. 25, 2022



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club.

Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

On the Same Page Book Club.

Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAs-jdQ7hKGqEgJKj7.

Reading in Place - An Online Reading Group.

Saturdays, 1 p.m. Virtual World, Internet, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

Restoring Watersheds in Prairie Creek.

Wed., Jan. 12, 7:30 p.m. Virtual World, Internet, Online. The California Native Plant Society invites the public to this Zoom presentation. Visit www.north-coastcnps.org for a link.

Shelter n Play.

Fridays, 6 p.m. Virtual World, Internet, Online. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. Join www.facebook.com/groups/224856781967115. www.facebook.com/groups/224856781967115.

The Writers Lounge via Zoom.

Thursdays, 7:30 p.m. Virtual World, Internet, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.zoom.us.

us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQowzekVnZkZoVIMzZz09.

Zoo Conservation Lecture.

Wed., Jan. 19, 6:45 p.m. Virtual World, Internet, Online. Ken Ramirez from Karen Pryor Clicker Training discusses *Conservation Connection: Training to Save Wildlife*. Zoo updates and information will begin at 6:45 p.m. with the lecture starting at 7 p.m. promptly. Zoom link available at www.SequoiaParkZoo.net and on the zoo's social media.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults.

Ongoing. Virtual World, Internet, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

MARZ Project.

Tuesdays-Fridays, 12-5 p.m. Virtual World, Internet, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. (707) 442-8413.

Sistahood.

Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support.

Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the

HC Black Music and Arts Association Facebook page for more information. hcbblackmusicnarts@gmail.com.

Virtual Junior Rangers. Thursdays, 11:30 a.m. Virtual World, Internet, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVVirtualJuniorRanger.

Volunteer Orientation Food for People.

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market.

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Del Norte County

ARTS & CULTURE

Stronger: A Winter Dance Concert.

Fri., Jan. 14, 7 p.m. and Sat., Jan. 15, 7 p.m. Crescent Elk Middle School, 994 G St., Crescent City. D.N.H.S. Dance presents four sections of dances with something for everyone. Facemasks required to attend. \$12, \$5 senior/student, Free for kids 5 and under.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand.

Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

CONTINUED ON NEXT PAGE →

Calendar

← CONTINUED FROM PREVIOUS PAGE

Tolowa Dunes State Park Volunteer

Restoration. Sun., Jan. 16, 12-4 p.m.
Tolowa Dunes State Park, Kellogg Road, Crescent City. Help remove invasive non-native European beachgrass at Big Dune. Bring lunch, water and binoculars if available, and dress for the weather (hats and layers). Bring your mask just in case and observe social distancing. Tools and gloves provided. Free.

Humboldt County

ARTS & CULTURE

An Afternoon of Jazz with Gil Cline & the Midnight Jazz-tet. Sun., Jan. 16, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. An afternoon of jazz featuring a classic trumpet and flugel-horn jazz quartet lineup. Classics from the American songbook and original Midnight Jazz-tet classics. Masks required. \$5, \$2 students/seniors, Free for members and children under 18. www.humboldtarts.org.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Jenny Don't & the Spurs. Thu., Jan. 13, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Classic country. Proof of vaccination required for attendees over 5 years old. Masks must be worn indoors during the show. \$20, \$15 advance.

Laurence Juber. Sat., Jan. 15, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. World-renowned guitar virtuoso and entertainer and former lead guitarist in Paul McCartney's Wings. Proof of vaccination required for attendees over 5 years old. Masks must be worn indoors during the show. \$25, \$20 advance.

Poetry Jamz & Cannabis. Sat., Jan. 22, 4:20-7 p.m. Herb & Market Humboldt,

427 H St., Arcata. Spoken word performances by poets with Word Humboldt and a feature by Reggie Edmonds from Oakland. Musical jams provided by DJ Pressure. wordhumboldt@gmail.com.

LIFESTYLE & COMMUNITY

Arcata Marsh Birding Tour w/Ken

Burton. Sat., Jan. 22, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Burton at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 participation guidelines online. RSVP by text with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Arcata Marsh Birding Tour w/Rob

Fowler. Sat., Jan. 15, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Fowler at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 participation guidelines online. RSVP by text with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Arcata Plaza Farmers' Market.

Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt County grown and GMO-free produce along with plants, meats and more. Educational materials including a seasonal eating guide, recipes and merchandise available. Always open rain or shine. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. (707) 441-9999.

Community Open House. Fri., Jan. 21, 6-8

p.m. Mistwood Educational Center, 1928 Old Arcata Road, Bayside. For all interested families to meet with Mistwood Educational Center staff and find out more about the school. kate@mistwood-village.org. 707-826-1150.

FOAM Marsh Tour w/Paul Johnson.

Sat., Jan. 15, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Johnson in the lobby for a 90-minute, rain-or-shine

walk focusing on plants, Marsh ecology and "tiny creatures that are often overlooked." Masks are required inside the building. Free. 826-2359.

FOAM Marsh Tour w/Sharon Levy.

Sat., Jan. 22, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Levy in the lobby for a 90-minute, rain-or-shine walk focusing on birds, wastewater treatment and/or Marsh history. Masks are required inside the building. Free. 826-2359.

Mad River Steelhead Derby. Mondays.

Countywide, Locations throughout Humboldt County, Humboldt. The Nor-Cal Guides & Sportsmen Association's annual competition. Cash and prizes awarded to the biggest hatchery steelhead caught through Feb. 28. Register online. \$40, \$25 youth 16 and under. www.madriversteelheaderby.com.

MLK Day of Service. Mon., Jan. 17, 8 a.m.-1:30 p.m. Humboldt State University, 1 Harpst St., Arcata. HSU students, faculty and staff are invited to a morning of community service before returning to campus for lunch, reflection and a closing speaker. Community organizer and activist Bree Newsome joins virtually. Transportation, T-shirt, breakfast, snacks and lunch provided. Free. yes@humboldt.edu. www.yes.humboldt.edu/mlk. (707) 888-4893.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

Mendocino County

ARTS & CULTURE

Amble & Ramble Walking Book Club.

Wed., Jan. 12, 1-2 p.m. Todd Grove Park, 600 Live Oak Ave, Ukiah. Come chat with other adults (21 and up) about any book you are reading while getting in some steps. All attendees will be asked to wear a mask if social distancing is not possible outdoors. Sign up by phone or email. carrm@mendocinocounty.org. (707) 463-4490.

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market.

Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

LIFESTYLE & COMMUNITY

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine. ♦

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Pappocom
Hard #8

			4	7				1
9						3	5	
	5				9		4	
8					2	7		
		1	8					5
	6		1				8	
	2	7						4
3				9	4			

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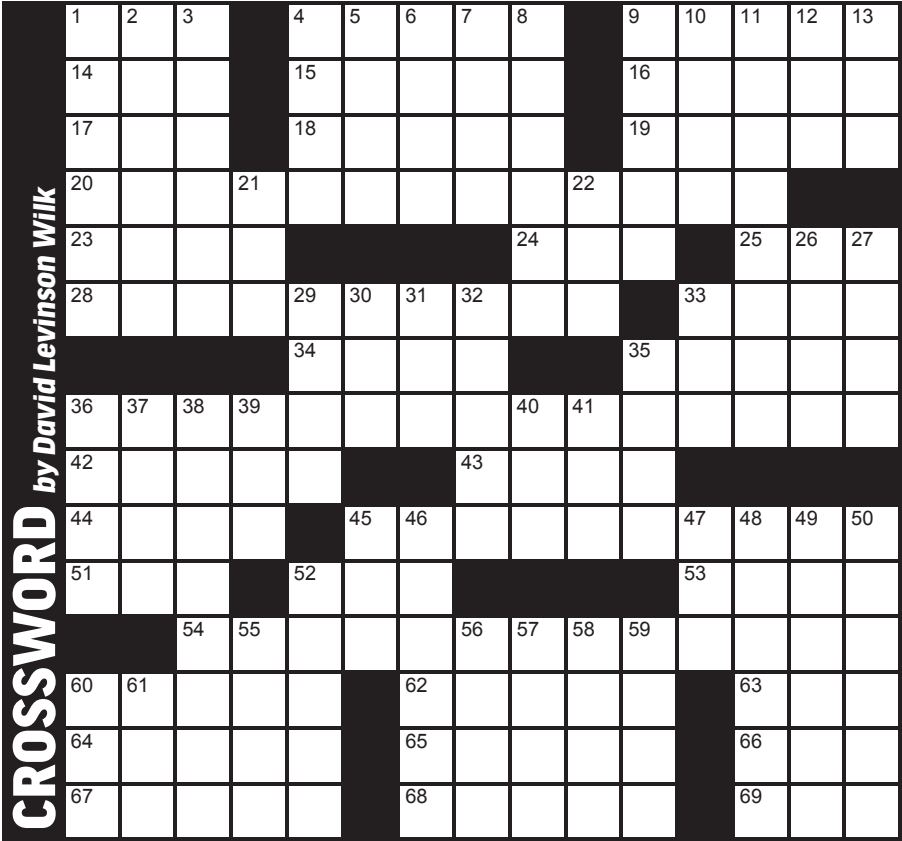
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BS — Answers in the next edition

ACROSS

- 1. Some HDTVs
- 4. "John ___ jingleheimer Schmidt" (children's song)
- 9. Look happy
- 14. "Please, have some!"
- 15. 2005 biography subtitled "The Making of a Terrorist"
- 16. Irish tenor Ronan
- 17. Carrier in "The Aviator"
- 18. Smash over the infield, say
- 19. Celebrity ribbing
- 20. "This movie isn't a tragedy, I hope?"
- 23. Model Carangi and others
- 24. Intention
- 25. OR workers
- 28. Where a shepherd keeps his attention?
- 33. 1965's "I Got You Babe," e.g.
- 34. ___ lamp
- 35. Go by bike
- 36. Place to fill out paperwork for baked potatoes, pasta, etc.?
- 42. "All Day Strong. All Day Long" sloganeer
- 43. "___ Lisa"
- 44. "Shane" star Alan
- 45. Spider's response to "You believe those things are strong enough to catch flies? I don't think so!"
- 51. NBA position: Abbr.
- 52. Proof-ending letters
- 53. Green target

- 54. "Poppycok"! (or an apt statement about this puzzle's theme)
- 60. Anticipate
- 62. Woods with many eagles
- 63. Toned
- 64. Doodlebug, e.g.
- 65. Noted bankruptcy of 2001
- 66. Suffix with elephant or serpent
- 67. Draw (from)
- 68. Pro at shorthand
- 69. Wink's partner

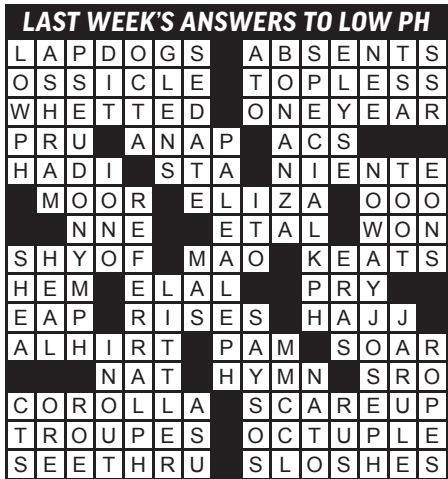
DOWN

- 1. "Vamanos!"
- 2. "Sir ___ and the Green Knight"
- 3. Patronize, as a hotel
- 4. It's quite a shock
- 5. Big holding in Risk
- 6. "Pleeeeeease?"
- 7. Take it as a sign
- 8. It might be used for tracking shots
- 9. First name in the Senate for 47 years
- 10. Texter's "Butt out"
- 11. To such an extent
- 12. Vegas opening?
- 13. Tinnitius doc
- 21. Suffix with peck or puck
- 22. One sharing a bunk bed, maybe
- 26. Where heroes are made
- 27. Big first for a baby
- 29. Alternatively

- 30. Young chap
- 31. One of 17 on a Monopoly board: Abbr.
- 32. Sirs' counterparts
- 33. Prefix with functional
- 35. Zodiac symbol
- 36. Ranch newborn
- 37. "There oughta be ___!"
- 38. Relatively low-temperature star
- 39. Hanes competitor
- 40. In a funk
- 41. U-turn from WSW
- 45. Thus far
- 46. Online social

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- appointments
- 47. HBO competitor
- 48. Last place?
- 49. White rat, e.g.
- 50. Stored compactly, in a way
- 52. It juts into the Persian Gulf
- 55. Sweet home?
- 56. ___ trap
- 57. Brute
- 58. Unit in a geology book
- 59. Film villain with prosthetic hands
- 60. Noted 1964 convert to Islam
- 61. Lacking color



HOME COUNTRY

By Slim Randles



"AND THAT'S ANOTHER THING," Herb said, with finality, "Changing that dang year on everything we write, every January. Goes against human nature."

"Well I might just have an answer to your problem, Herb," said Doc, sipping and dunking and stirring. "Why don't we, here at the philosophy counter, pick out a year we like and stick with it? Date everything we do with that year. It might start a movement, you never know."

Steve looked up from his coffee and twitched his voluminous mustache then twitched it again to make sure he got it right the first time.

"So Doc," he said, "you're saying we should just pick a year and live with it? Okay, so which year would you pick?"

"I think it would have more of an effect if it would be the same year for all of us here. My choice of year might not agree with yours, you know."

"I was thinking of 19 and 87, myself," said Steve. "Won the team roping that year. Got it on my belt buckle."

"There you go. You got the right idea, Pard. Herb, how about you?"

"Dog died. In '87, I mean. Just woke up one morning and there she was, dead. I couldn't do '87."

"Sorry, Herb. Dud?"

"Haven't got to that year yet, Doc," Dud said. "It'll be the year I finish that darn book."

We all nodded.

"If that there favor-ite year comes in the bowels of the chicken yard, like it says in the *Farmer's Almanac*, that'd be good, doncha think?"

Doc nodded. "And which year would that be, Windy?"

"Ain't sure. Don't have no *Farmer's Almanac* at the moment."

"Let's get some more coffee and give it some thought," said Herb.

"I'll second that," said Steve.

"Can't," said Windy. "Ain't been firsted yet." ♦

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LINGCOD AND JETTI FISHING



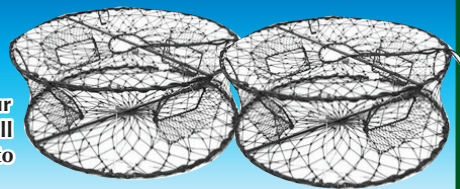
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